

# Nutrition Snippet

## PIMP UP POPCORN



**Swap a packet of chips out of the lunch box and go for plain popcorn.**

- Make it at home or buy plain popcorn.
- To add variety to the lunch box, mix with some dried fruit to make Poppletana.

For these recipes and more:  
[healthylunchbox.com.au](http://healthylunchbox.com.au)



**Cancer Council**  
Healthy Lunch Box